



# The Sun

50¢

**SPEAK OUT**  
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**SUN SPOTS**  
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**SCHOOL NEWS**  
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**MEDICAL NEWS**  
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Thursday, January 21, 1999

Western Palm Beach County's Hometown Newspaper Since 1923

Volume 76 / Number 1



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SUNPHOTO by Brenda Bunting

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Staff Reporter

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For more information about this program, employers may contact Maryann Garrett, WAGES Coordinator at (561) 659-5213, extension 302.

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The only remaining construction element is the STA 5 discharge canal, currently underway and scheduled to be completed June 1999. This coincides with the expected growth period of wetland plants (cattail, bulrush, algae and other aquatic plants) necessary to remove phosphorus from the farm runoff entering the marsh from the C-139 Basin.

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See OLYMPICS/Page 2



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See EAGLE ACADEMY/Page 2



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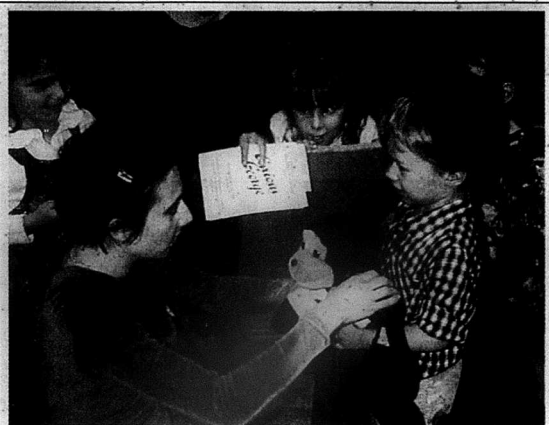
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January 19, 1999



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INCLUDES:

- Mopar/Champion spark plugs
- Inspect emission components
- Set timing, adjust idle speed (if applicable) (Vehicles equipped with greater than 2-bbl carb and std ignition slightly higher.)
- Vehicles which require tune-ups at 100,000-mile intervals slightly higher

4-CYL **\$44<sup>95</sup>**

6-CYL **\$54<sup>95</sup>**

8 CYL **\$59<sup>95</sup>**

Stealth Turbo

**\$31<sup>05</sup>** plus tax

**\$63** plus tax

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GOOD THROUGH FEBRUARY 28, 1999

**CUSTOMERONE**

### Front Brake Service

Parts & Labor, Including Turning the Front Rotors

Cars - **\$121<sup>05</sup>** plus tax

Trucks - **\$129<sup>05</sup>** plus tax

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# OPINION PAGE



"WHAT DO YOU MEAN YOU FORGOT? I LEFT A NOTE ON THE FRIDGE... YOU OUGHT TO KNOW BY NOW TO CHECK THE REFRIGERATOR FOR ANY MESSAGES."

## Letters to the Editor

### Nebraska student wants to hear from residents

Dear Editor:

I am in sixth grade at Elba Public School in Elba, Nebraska. I have adopted your state as a class project. I will be doing a report and other projects to learn more about your state. Later in the year at a state fair I will display and report everything I have learned about Florida. It would be very helpful to me if you could print this letter in your newspaper.

I could use postcards, maps, brochures, information about wildlife, industry, interesting places to visit, statistics, and any other items your readers would feel would help me with my project.

Thank you from Nebraska. Send information to:

Melissa Wells  
Mrs. Pritzell's class  
P.O. Box 100  
Elba, Nebraska  
68835

## Bucs coach says family comes first

By Tony Dungy  
Head Coach of the Tampa Bay Buccaneers

The season of making New Year's resolutions has passed. Now it's the season of trying to keep them. You can probably guess some of mine. Doing my part to get the Bucs into the playoffs next season, keeping my players healthy and motivated, and giving that pirate ship at Raymond James Stadium lots of reasons to fire a barrage of shots in 1999.

But I have another resolution I plan on keeping in the coming year: Being an even better father to my kids. You see, while most people know me as a football coach, my three biggest fans know me as "Dad."

Plit admit though, sometimes I'm prone to confusing football and fatherhood. When my youngest son Eric was a baby, I used to carry him around in one arm like a football, until my wife Lauren threw down a penalty flag.

Still, there are similarities between being a good coach and a good dad. I've discovered that with my players and my

kids, I can't automatically get their respect just because I wear the title of coach or father. Instead, respect grows out of their confidence in knowing that I try my hardest to prepare them for the challenges they will face. I've also learned that in both jobs, I need to be a good listener, because my children and my players offer valuable insights that ultimately make my job easier. Just as a defensive line can have great ideas on strengthening our pass defense, my kids can have great ideas on strengthening our family.

Now, even though I'm determined to keep my resolution to be a better dad, achieving that goal won't happen without hard work. Just like in football, I need to have a game plan. Fortunately, I grew up with a dad who executed all the right fatherhood moves, and I'm trying to follow his playbook. He taught me that fathers need to spend time with their children. No matter how busy he was, I remember that during every game I played when I was young, I

would see him cheering for me in the stands.

After one game in which my team suffered a particularly frustrating defeat, I was angry and upset. But when Dad talked to me afterward, he didn't say one thing about our performance. Instead he reminded me why winning isn't everything. "You enjoy playing the game, son?" "Yes," I said. "Well, that's all you can ask for." He had given me a lesson in thankfulness that I now share with my children.

Reaching goals as a National Football League head coach takes patience, practice, and perseverance. Reaching goals as a father takes all of those, plus one more important ingredient: love. So when you're sizing up your 1999 New Year's resolutions, take a deep breath and tackle the goal that will be your most challenging, and your most rewarding, being a better dad.

Tony Dungy is not only head coach of the Tampa Bay Buccaneers, he is Chairman of the Family First/Fatherhood Campaign for the Central Region of Florida.

**Feel strongly about local issues?**

**The Sun**  
INVITES YOU TO  
**SPEAK OUT!**  
**(561) 996-6636**

Speak Out is our 24-hour opinion line.

Call 996-6636 to express your opinion or ask questions about public issues. You are not required to give your name. While we want you to speak out freely, the newspaper reserves the right to edit calls for clarity, brevity, relevance and fairness.

### Seminars are great

"I'd like to say that the EDGE Center put on a first-class seminar last Thursday night at the Palm Beach Community College.

It was motivational. There was no charge, no gimmicks, it was unbelievable. I'd like to thank the EDGE Center!"

### Rookies are rude

"I need to find out something. Is there any way you guys can call the Pahokee Police Department and try to find out something for me. Why is it that the rookies, or new officers pull someone to the side to give them a ticket they are very rude.

If you ask them questions they tell you they cannot give you that information until they get what they ask you for. They are very, very rude. I know that the older ones there are very sweet. When they pull you over they tell you why you have been stopped right away.

This concern is directed to the Pahokee Police Department and I hope to see their response in *The Sun* newspaper very soon. Thank you."

### Caller has concern

"I need to make a complaint against the Palm Beach Health Care District. My mother has been going there and every time she goes there they don't have her referrals. They lose everything and they can't find anything. They won't announce their names so that anybody can get back with them.

She went for her eye and they were suppose to schedule an eye appointment and they can't even do that and now she can't see right. She is blind.

I'm just wondering who is in charge there to keep track of what the employees are doing? It's ridiculous that she is getting the runaround and she is so ill.

Thank you very much."

**Editor's note:** We spoke with Elizabeth Hernandez, community relations specialist with the Palm Beach County Health Care District. She said the district has not offered eye exams since June of last year and they do not do referrals. She believes this caller may be

talking about another agency, but encourages the caller to call her at 996-0129 to see if she can be of some help.

Thank you for Speaking Out.

### More on Glades Central's Raiders

"Hello. I'm calling in response to the article concerning the Glades Central Raiders receiving praise and how many parents in the Glades do not support education.

The one caller who said the schools in Wellington and Royal Palm were better than schools in the Glades, well this isn't true. We all know Glades Central and Lakeshore have produced hundreds of doctors, lawyers, social workers, teachers and many other professionals who have gone on to have great careers.

It is also true that the Glades Central Raiders have had a career-making and excellent football players as well.

The Glades Central Raiders deserve the praise they have received, that is also a fact. The reality is, though, that we stand a greater chance of becoming a doctor or lawyer or an educator than we do becoming professional football players. More parents need to teach their children not that one is better than the other, but there are many possibilities for the children of the Glades.

Thank you."

**Editor's note:** Julia A. Hale, executive director for the Pahokee Housing Authority, addresses last week's caller who was concerned about potholes in Fremd Village. She says: "I would like to respond to the article in last week's Speak Out section regarding the holes in the parking courts at Fremd Village. The Pahokee Housing Authority opened bids on the paving project on December 30, 1998. We expect to select a contractor at the next commission meeting, which is scheduled for January 27. Once the selection is made, we expect the project to commence within the next thirty to forty-five days.

We sincerely thank the caller for their concern, and we appreciate the patience that the community has shown in this serious matter."

## Carefully weigh new Medicare options

By Bill Nelson

State Treasurer & Insurance Commissioner

In the national news, few days go by without mention of changes in the Medicare program - changes either already made or still to come. Unfortunately, widespread confusion is one of the byproducts of our federal government's efforts to both control medicare's rising costs and give consumers more choices.

Worse yet, many thousands of seniors in Florida and elsewhere began this new year with fewer choices, not more.

That's because almost 100 Medicare HMOs (health maintenance organizations), citing economic reasons, chopped about 440,000 customers in 30 states from their rolls on Dec. 31, 1998. Among those dropped were 53,540 Floridians, including more than 18,000 who live in mostly rural areas where no other HMO managed-care coverage is available.

All those affected were notified last fall. By this Jan. 1, they either enrolled in another managed-care plan, in counties where other HMOs offered coverage, or returned to the traditional, fee-for-service Medicare program. I'm urging federal officials to address this problem, so the managed-care option can be restored in those parts of our state and nation left with no HMO coverage.

Meanwhile, other Medicare changes will affect beneficiaries much more gradually. Most of you, or your relatives 65 and older, will have an opportunity to carefully study the changes before deciding what action, if any, to take.

Until new alternatives come on the market later this year, most seniors essentially have just two health-care options to consider:

• Sign up for traditional Medicare, in which the federal government pays a large share of their medical bills; or,

• Enroll in a Medicare HMO for managed

care form a network of doctors, hospitals and other service providers.

Generally, HMOs provide broader coverage, including prescription drugs, with lower out-of-pocket expenses for the consumer. But members are largely limited to using doctors within their HMO's network and must get approval from a primary, "gatekeeper" doctor before seeing a specialist.

Traditional, or original, Medicare allows beneficiaries to go to whichever doctors they choose. However, in order to cover deductibles, co-payments and gaps in Medicare coverage, many people in the original program elect to supplement their fee-for-service Medicare insurance with private insurance.

If you're shopping for a Medicare supplement policy, you'll find that the benefits and cost vary widely depending on which plan and which insurer you select.

In all, there are now up to a dozen versions of these so-called Medicare plans which insurance companies are either required or allowed to offer under federal and state law. To help with your comparison shopping, our Florida Department of Insurance has prepared a consumer guide entitled "1998-99 Medicare Supplement and Long-Term Care Insurance." You can obtain a copy by calling our toll-free Consumer Helpline, 1-800-342-2762, or by visiting our Website at [www.doi.state.fl.us](http://www.doi.state.fl.us).

For those just turning 65, it's important to know you have a six-month "open enrollment" period during which companies cannot deny you Medicare coverage, or charge you more, because of a pre-existing health problem. Federal law also gives people dropped from a Medicare HMO the right to buy Medicare coverage without regard to their health condition, but they must act within 63 days.

As additional alternatives to traditional Medicare coverage, Congress has created four new

See INSURANCE/Pg 5

# The Sun

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### A PLEDGE TO OUR READERS

We pledge...

- ✓ To operate this newspaper as a public trust.
- ✓ To help our community become a better place to live and work, through our dedication to conscientious journalism.
- ✓ To provide the information citizens need to make their own decisions about public issues.
- ✓ To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- ✓ To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- ✓ To correct our errors, and to give each correction the prominence it deserves.
- ✓ To provide a right to reply to those about whom we write.
- ✓ To treat people about whom we write, respect and compassion.



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# SUN SPOTS



EDGE Center at 992-3343.

## Open House

Lake Shore Middle School, located on Martin Luther King, Jr. Blvd., will hold an open house on Wednesday, Jan. 27 at 6 p.m. in the gymnasium. Report cards will be distributed at this time and parents are encouraged to attend.

## Army Corps to hold meetings on Lake Okeechobee aquatic plant management

The U.S. Army Corps of Engineers has scheduled three public information meetings for Jan. 26, 27, and 28 to discuss goals and objectives of the Aquatic Plant Control Program on Lake Okeechobee for the coming year. The Corps is responsible for the management of exotic aquatic plants on Lake Okeechobee.

**Meeting Dates and Locations:**  
Jan. 26 - Municipal Complex, Main Street, Belle Glade  
Jan. 27 - Clewiston Inn, 108 Royal Palm, Clewiston  
Jan. 28 - Okeechobee Teen Center, 309 2nd Ave., Okeechobee

All meetings are scheduled from 7-9 p.m. The Corps will give a brief overview of the Aquatic Plant Control program, discuss program goals, introduce the field operations and Corps program Biologists, and follow up with a "Question and Answer" session. Lake users and all others interested in the Aquatic Plant Control program are encouraged to attend.

Additional information may be obtained by contacting the U.S. Army Corps of Engineers Biologist at (941) 983-8101 extension 249.

## Commissioner Masiolotti to be in area

District 6 County Commissioner Tony Masiolotti will be in his office in the Glades on Wednesday, Feb. 3.

Anyone wishing to make an appointment to meet with Commissioner Masiolotti can call his Legislative Assistant Sue Bailey at 996-4800.

## Alzheimer's/Dementia Caregiver Support Group

The Alzheimer's/Dementia Caregiver Support Group meets every second Tuesday of the month from 2 to 3:30 p.m. at the Pahokee Civic Center. The center is located at 360 East First Street, Pahokee.

For more information about the meetings or any of the services offered by the Alzheimer's Community Care Association, please call Sandy Choate at 924-7283.

## Founders' Day at St. John's Baptist

The Glades Alumnae Chapter of Delta Sigma Theta Sorority, Inc. is sponsoring a Founder's Day Program at St. John's First Baptist Church on Sunday, Jan. 24 at 11:30 a.m. The speaker will be Dr. Deborah C. Thomas, the Southern Regional Director. A luncheon will be held following the service at Lake Shore Civic Center for members of the Delta organization.

The church is located at 600 S.W. 8th Street, Belle Glade and the community is invited to the program.

## Third week of free seminars offered by The Edge Center

The Enterprise Development for Glades Entrepreneurs, (THE EDGE Center) Inc. will present the third session of "Free Seminars" designed to assist Glades business owners and others who may be interested in starting their own businesses. On January 21, the discussion will be on "Money Resources: How to Obtain Financing for Your Business."

The following Thursday, Jan. 28, the session will be on "Accounting & Record Keeping for Your Business."

All seminars will be held at the Glades Campus of Palm Beach Community College, 1977 College Drive, Belle Glade, beginning at 5:30 p.m.

To reserve your seat, call the

## After school program

Mt. Calvary Missionary Baptist Church and Planned Parenthood are sponsoring a free after school program for students 12 to 15 years of age.

The after school program will also include recreation, sports, creative writing, employment and training, health and dental services, tutoring, field trips and counseling.

The program will be held at Mt. Calvary Missionary Baptist Church, 399 Canal Street, Raiderville. For more information call 993-9001.

## Black Gold Jubilee Photography open

Photography Contest Chairperson Karen Corbin announces that the Black Gold Jubilee Photography Contest is officially open. The theme for the Jubilee for 1999 is "Spirit of the Glades" and categories for the contest are open in three divisions: Landscape/Still Life, Character (People), and Nature (Animals/Birds).

Entry information may be picked up at the Belle Glade City Hall from Dianne Carter, the Belle Glade Chamber of Commerce, The Sun newspaper, Everglades Trading Company, and Averill's.

Please contact Mrs. Corbin at 996-6851 for further information.

## Revival at Miracle Temple

Miracle Temple Ministries will be having revival on Sunday, Jan. 24 through Saturday, Jan. 30.

On Sunday, Jan. 24, Rev. Steve Smith, T.V. evangelist from the Boynton Church of God in Ringo, Georgia will be speaking at 11 a.m. and 6 p.m.

Revival services will begin at 7 p.m. on Jan. 25-30.

Pastor Alvin E. Nichols invites everyone to attend. The church is located at 104 S.W. 16th Street (S.R. 715), Belle Glade.



The Theatre for Schools program at the Dolly Hand Cultural Arts Center received a \$500 donation from Laureate Gamma Zeta of Chapter Beta Sigma Phi. The sorority raised the money by hosting the "Christmas Tour of Homes" in December. Shown, from left are Maude Vereen, chair of the Theatre for Schools program, Janis Fiehs, member of Beta Sigma Phi, and Leigh Woodham, Director of the Dolly-Hand Center.

## CRIME STOPPERS



Malcolm Levon Holland

Crime Stoppers of Palm Beach County, Inc. is asking citizens to help locate Mal-

colm Levon Holland, who is wanted for aggravated battery and criminal mischief. He is also wanted for battery and failure to appear on charges of resisting or obstructing an officer without violence and violation of probation for driving under suspension and contempt of court.

Holland is 6' tall, weighs 200 pounds and has a tattoo on his right arm.

He has black hair and brown eyes and his date of birth is February 15, 1975. His last

known address was 816 SW C Place, Apt. 4, Belle Glade. His Social Security number is 267-65-8675 and his last occupation was as a laborer. His warrant was active as of January 12, 1999.

If you know the whereabouts of Malcolm Holland, or anyone involved in a serious crime, call Crime Stoppers at 1-800-458-8477.

You can remain anonymous and still receive a cash reward if your tip leads to an arrest.

enabling you to create your own "medical savings account" and supplement it with private insurance for the larger bills.

The Federal Health Care Financing Administration (HCFA) is planning an open enrollment period on the new plans from Nov. 1 to Dec. 31, 1999. However, availability of the options in your area will depend on private business and marketing decisions.

Meanwhile, HCFA has been

distributing an educational handbook entitled "Medicare & You," explaining the various Medicare plans, their requirements and costs. The federal agency has a toll-free number (1-800-633-4227) and Web address ([www.medicare.gov](http://www.medicare.gov)) for more information.

**Bill Nelson is Florida's State Treasurer, Insurance Commissioner and Fire Marshal.**

## Correction

In the January 7 front page story about two local young men who are excelling in the Marine Corp, we consistently misspelled Alfredo Tret's

name.

We also said Alfredo was his platoon's "High Shooter." That honor went to his fellow Marine, Kyle McDonald.

## Arrest Blotters

**Editor's note:** The police news on this page lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

### PAHOKEE

The Pahokee Police Department made 9 arrests the week of January 11-17.

Those arrested included:

January 11 - Juvenile, 13, retail theft; Juvenile, 12, retail theft; Juvenile, 14, criminal mischief; Juvenile, 16, trespassing on school property, possession of marijuana with intent to sell and possession of a weapon on school property.

January 12 - Juvenile, 15, throwing a deadly missile into an occupied vehicle; Juvenile, 17, Juvenile warrant for contempt of court.

January 13 - No arrests.

January 14 - No arrests.

January 15 - No arrests.

January 16 - No arrests.

January 17 - John Wilson, 63, driving under the influence; Jessie Abner, 60, domestic battery; Pedro Canales, 43, aggravated battery.

### BELLE GLADE

The Belle Glade Police Department handled 681 complaints, worked 7 crime scenes and gave 23 traffic citations the week of January 11-17.

Those arrested included:

January 11 - Allan Jones, 36, failure to appear.

January 12 - Jefferson Jan Berry, 38, loitering and

prowl.

January 13 - Juanita Horne, 42, possession of cocaine and possession of drug paraphernalia; Charles Bailey, 29, burglary of an auto and petty theft.

January 14 - Roberto Morales Phillips, 30, domestic battery.

January 15 - Juvenile, 17, fraudulent use of a credit card.

January 16 - Juvenile, 17, two counts of failure to appear; Lamar Campbell, 30, failure to appear; Albert Salter, 27, contempt of court and possession of cocaine; Gregory Davis, 33, contempt of court; Octavious Curtis, 25, battery; Israel Hester, 29, loitering and prowling.

January 17 - No arrests.

### SOUTH BAY

The South Bay Police Department made 7 arrests the week of January 10-16.

Those arrested included:

January 10 - Reginald T. Ellick, 39, obstruction of justice; Charlie Lee Gray, 57, aggravated battery.

January 11 - No arrests.

January 12 - Sonia Lucila Bichara, 38, warrant for failure to appear.

January 13 - Darci Brown, 20, possession of cocaine and possession of cocaine with intent to sell; Malcom Y. Milner, 23, assault; Juvenile, 17, domestic battery; Jacqueline Harris, 43, aggravated battery.

January 14 - No arrests.

January 15 - No arrests.

January 16 - No arrests.



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# Good nutrition and exercise can help add years to your life



By Katrina Elksen,  
Contributing Editor

How old are you, really? A new book by Edita Kaye suggests that you're only as old as your body. Instead of counting age in years, Ms. Kaye uses a system of health-related tests to determine your biological age. Like Dr. Walter Bortz, who authored "We Live Too Short and Die Too Young," Ms. Kaye maintains that humans are meant to live longer than our current average lifespan of 75 years. The human body is actually designed to live up to 120 years. However, she writes, we shorten our own lifespans through poor eating choices. Eating the wrong foods, exposure to pollutants, smoking cigarettes and failing to exercise can take years off your life.

Her book, "Fountain of Youth," gives six tests to use to determine your biological age. You can then compare your biological age to your chronological age to see what kind of shape you are in.

The tests include blood pressure, weight, pulse rate, skin elasticity, cholesterol level and vision.

If your biological age is greater than your chronological age, this means that you are getting old before your time. Often this is due to poor nutrition and lack of exercise.

If the tests are depressing, don't despair. Ms. Kaye maintains that you can turn back the biological clock by eating right and exercising.

Ms. Kaye recommends a sensible eating plan that includes plenty of fresh fruits and vegetables and cutting back on total fat intake. She also recommends four nutrients that help you stay young:

- Vitamin C - important for immune system,

- Vitamin E - helps the body heal and regenerate;
- Beta-Carotene - when digested, it is turned into Vitamin A which helps prevent cancer and boosts the immune system; and,
- Calcium - necessary to maintain bone mass, especially important for women.

Good sources of Vitamin C include strawberries, oranges, grapefruit, broccoli and papayas.

Good sources of Vitamin E include sunflower seeds, wheat germ, almonds and asparagus.

Good sources of Beta-Carotene include carrots, sweet potatoes, broccoli, spinach, tomatoes and apricots.

Good sources of calcium include milk, yogurt, cheese, spinach and broccoli.

It is always best to get the vitamins the way nature intended - in the foods you eat. If you plan to take supplements, consult your doctor about how much to take and how to take it. For example, if you are going to take a calcium supplement, many doctors recommend calcium citrate because it is easier for the body to absorb.

Suggested daily dosage of Vitamin C is 250 to 1000 mg. Because it is water soluble, it is thought that you can't take too much Vitamin C. Any excess will be flushed out of the body.

Suggested daily dosage of Vitamin E is 100 to 400 IU.

## How old is your body?

Systolic Blood Pressure	Body Age	Body Age
Pressure	Women	Men
0-110	19	19
111	20	16
112	21	19
113	23	19
114	25	19
115	28	18
116	30	19
117	32	19
118	33	19
119	35	19
120	36	19
121	37	20
122	39	21
123	40	24
124	41	27
125	42	30
126	43	32
127	44	35
128	45	38
129	46	40
130	46	42
131	47	44
132	48	46
133	49	48
134	50	50
135	52	51
136	53	52
137	55	53
138	56	54
139	58	55
140	59	56
141	59	57
142	61	58
143	61	59
144	62	60
145	62	63
146	63	65
147	63	67
148	64	69
149	64	69
150-51	65	69
151-52	66	67
152-53	66	67
153-54	66	67
154-55	67	67
155-57	68	67
156-59	69	69
160+	70	70

Suggested daily dosage of Beta-Carotene is 25,000 IU.

Suggested daily dosage of calcium is 1,200 to 1,500 mg.

You may have different daily requirements if you have any health problems. Pregnant women and nursing mothers also require additional nutrients.

If you don't know your blood pressure and don't plan to visit the doctor anytime soon, watch for the free blood pressure screenings sometimes held in the community.

If you don't know your cholesterol level, there are home tests available at drug stores.

However, if you want to find out your blood pressure and cholesterol level and do a good deed at the same time, donate blood. During the health screenings given to blood donors, their blood pressure, weight and hemoglobin levels are checked. After you donate, the blood bank sends you a card that also gives your cholesterol level. And since we're discussing longevity, it's nice to know that statistics show that blood donors live longer. There are several theories on this. It could be that they live longer because they have a mini

checkup each time they donate blood. This helps just be good karma, a catch any health problems reward for helping to save someone else's life. "Fountain of Youth" and other diet and health books are available at your local chances of iron overload in public library.

## How old is your body? Total cholesterol level

Total cholesterol level	Age
For women	Under 30
179	30 to 39
186	40 to 49
194	50 to 59
219	60 plus

Total cholesterol level	Age
For men	Under 30
179	30 to 39
205	40 to 49
208	50 to 59
209	60 plus

## How old is your body? Skin elasticity

Skin loosens as we age. This contributes to wrinkles. To test your skin elasticity, place your palm, palm down, on a flat surface. Keep your hand relaxed. With the thumb and forefinger of the other hand, pinch a fold of skin from the middle of your hand. Hold the pinched skin firmly for five seconds then release. Time how long it takes for the pinched skin to go back to normal.

Seconds for pinched skin to return to normal	Body Age
0-2	19
3-4	30
5-6	40
7-8	45
9-10	50
11-12	60
13+	Over 60

## How old is your body? Weight

Height	Women Age ranges				
	18-24	25-34	35-44	45-54	55-64
4' 10"	114	123	133	134	135+
4' 11"	118	126	136	137	138+
5' 0"	121	130	139	140	142+
5' 1"	124	133	141	143	145+
5' 2"	128	136	144	146	148+
5' 3"	131	139	146	150	151+
5' 4"	134	142	149	153	154+
5' 5"	137	146	151	156	157+
5' 6"	141	149	154	160	161+
5' 7"	144	154	156	163	164+
5' 8"	147	155	159	167	168+

Height	Men Age ranges				
	18-24	25-34	35-44	45-54	55-64
5' 2"	130	139	146	147	148+
5' 3"	135	145	149	154	155+
5' 4"	139	151	155	158	159+
5' 5"	143	155	159	163	164+
5' 6"	148	159	164	167	168+
5' 7"	152	164	169	171	172+
5' 8"	157	168	174	176	177+
5' 9"	162	173	178	180	181+
5' 10"	165	177	183	185	186+
5' 11"	171	182	188	190	191+
6'	175	186	192	194	195+
6' 1"	180	191	197	198	199+
6' 2"	185	196	202	204	205+

Height	Men Age ranges				
	18-24	25-34	35-44	45-54	55-64
5' 2"	130	139	146	147	148+
5' 3"	135	145	149	154	155+
5' 4"	139	151	155	158	159+
5' 5"	143	155	159	163	164+
5' 6"	148	159	164	167	168+
5' 7"	152	164	169	171	172+
5' 8"	157	168	174	176	177+
5' 9"	162	173	178	180	181+
5' 10"	165	177	183	185	186+
5' 11"	171	182	188	190	191+
6'	175	186	192	194	195+
6' 1"	180	191	197	198	199+
6' 2"	185	196	202	204	205+

Dr. AL Harrell, III wishes to announce that he will no longer be seeing patients in his Belle Glade satellite office.

It has been my privilege to serve the lake community for the past 16 years. I would be honored to continue to serve your eye care needs in the main office in Wellington.

For your convenience, glasses and contacts previously ordered can be picked up at the Belle Glade office until January 29, 1999. I look forward to continuing our relationship in the new location.

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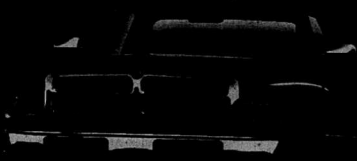
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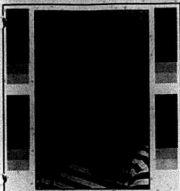
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# Good nutrition and exercise can help add years to your life



By Katrina Elksen,  
Contributing Editor

How old are you, really? A new book by Edita Kaye suggests that you're only as old as your body. Instead of counting age in years, Ms. Kaye uses a system of health-related tests to determine your biological age.

Like Dr. Walter Bortz, who authored "We Live Too Short and Die Too Young," Ms. Kaye maintains that humans are meant to live longer than our current average lifespan of 75 years. The human body is actually designed to live up to 120 years. However, she writes, we shorten our own lifespans through poor health choices.

Eating the wrong foods, exposure to pollutants, smoking cigarettes and failing to exercise can take years off your life.

Her book, "Fountain of Youth," gives six tests to use to determine your biological age. You can then compare your biological age to your chronological age to see what kind of shape you are in.

The tests include blood pressure, weight, pulse rate, skin elasticity, cholesterol level and vision. If your biological age is greater than your chronological age, this means that you are getting old before your time. Often this is due to poor nutrition and lack of exercise.

If the tests are depressing, don't despair. Ms. Kaye maintains that you can turn back the biological clock by eating right and exercising.

Ms. Kaye recommends a sensible eating plan that includes plenty of fresh fruits and vegetables and cutting back on total fat intake. She also recommends four nutrients that help you stay young:

- Vitamin C - important for immune system;

- Vitamin E - helps the body heal and regenerate;

- Beta-Carotene - when digested, it is turned into Vitamin A which helps prevent cancer and boosts the immune system; and,

- Calcium - necessary to maintain bone mass, especially important for women.

Good sources of Vitamin C include strawberries, oranges, grapefruit, broccoli and papayas.

Good sources of Vitamin E include sunflower seeds, wheat germ, almonds and asparagus.

Good sources of Beta-Carotene include carrots, sweet potatoes, broccoli, spinach, tomatoes and apricots.

Good sources of calcium include milk, yogurt, cheese, spinach and broccoli.

It is always best to get the vitamins the way nature intended - in the foods you eat. If you plan to take supplements, consult your doctor about how much to take and how to take it. For example, if you are going to take a calcium supplement, many doctors recommend calcium citrate because it is easier for the body to absorb.

Suggested daily dosage of Vitamin C is 250 to 1000 mg. Because it is water soluble, it is thought that you can't take too much Vitamin C. Any excess will be flushed out of the body.

Suggested daily dosage of Vitamin E is 100 to 400 IU.

Suggested daily dosage of Beta-Carotene is 25,000 IU. Suggested daily dosage of calcium is 1,200 to 1,500 mg.

You may have different daily requirements if you have any health problems. Pregnant women and nursing mothers also require additional nutrients.

If you don't know your blood pressure and don't plan to visit the doctor anytime soon, watch for the free blood pressure screenings sometimes held in the community.

If you don't know your cholesterol level, there are home tests available at

drug stores.

However, if you want to find out your blood pressure and cholesterol level and do a good deed at the same time, donate blood. During the health screenings given to blood donors, their blood pressure, weight and hemoglobin levels are checked. After you donate, the blood bank sends you a card that also gives your cholesterol level. And since we're discussing longevity, it's nice to know that statistics show that blood donors live longer. There are several theories on this. It could be that they live longer because they have a mini

checkup each time they donate blood. This helps catch any health problems early. It could be that when they donate blood, they force their body to make new blood, and reduce the chances of iron overload in

their system. Or it could just be good karma, a reward for helping to save someone else's life.

"Fountain of Youth" and other diet and health books are available at your local chances of iron overload in public library.

How old is your body? Total cholesterol level			
For women			
Total cholesterol level	Age		
179	Under 30		
186	30 to 39		
194	40 to 49		
219	50 to 59		
221	60 plus		

How old is your body? Total cholesterol level			
For men			
Total cholesterol level	Age		
179	Under 30		
191	30 to 39		
205	40 to 49		
208	50 to 59		
209	60 plus		

How old is your body? Skin elasticity			
Skin loosens as we age. This contributes to wrinkles. To test your skin elasticity, place your hand, palm down, on a flat surface. Keep your hand relaxed. With the thumb and forefinger of the other hand, pinch a fold of skin from the middle of your hand. Hold the pinched skin firmly for five seconds then release. Time how long it takes for the pinched skin to go back to normal.			
Seconds for pinched skin to return to normal	Body Age		
0-2	19		
3-4	30		
5-6	40		
7-8	50		
9-10	60		
11-12	45		
13+	Over 60		

How old is your body? Weight			
Women			
Height	Age ranges	Weight	Age ranges
4' 10"	18-24	114	123
5' 0"	118	126	136
5' 1"	121	130	139
5' 2"	124	133	141
5' 3"	128	136	144
5' 4"	131	139	146
5' 5"	134	142	149
5' 6"	137	146	151
5' 7"	141	149	154
5' 8"	144	154	160
	147	155	167

How old is your body? Weight			
Men			
Height	Age ranges	Weight	Age ranges
5' 2"	130	139	146
5' 3"	135	145	149
5' 4"	139	151	155
5' 5"	143	155	159
5' 6"	148	159	164
5' 7"	152	164	169
5' 8"	157	168	174
5' 9"	162	173	178
5' 10"	166	177	183
5' 11"	171	182	188
6' 0"	175	186	192
6' 1"	180	191	197
6' 2"	185	196	202

How old is your body? Pulse rate			
Pulse rate	Body Age	Body Age	Body Age
50-60	19	20	21
61	18	19	20
62	17	18	19
63	16	17	18
64	15	16	17
65	14	15	16
66	13	14	15
67	12	13	14
68	11	12	13
69	10	11	12
70	9	10	11
71	8	9	10
72	7	8	9
73	6	7	8
74	5	6	7
75	4	5	6
76	3	4	5
77	2	3	4
78	1	2	3
79	0	1	2
80	-1	0	1
81	-2	-1	0
82	-3	-2	-1
83	-4	-3	-2
84	-5	-4	-3
85	-6	-5	-4
86	-7	-6	-5
87	-8	-7	-6
88	-9	-8	-7
89	-10	-9	-8
90	-11	-10	-9
91	-12	-11	-10
92	-13	-12	-11
93	-14	-13	-12
94	-15	-14	-13
95	-16	-15	-14
96	-17	-16	-15
97	-18	-17	-16
98	-19	-18	-17
99	-20	-19	-18
100	-21	-20	-19

Dr. AL Harrell, III wishes to announce that he will no longer be seeing patients in his Belle Glade satellite office.

It has been my privilege to serve the lake community for the past 16 years. I would be honored to continue to serve your eye care needs in the main office in Wellington.

For your convenience, glasses and contacts previously ordered can be picked up at the Belle Glade office until January 29, 1999. I look forward to continuing our relationship in the new location.

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Office hours by appointment only.



## Pahokee football player recognized on Sunshine Network

Pahokee High School quarterback Anquan Boldin will be recognized for his accomplishments during the airing of the Florida High School Gridiron Report on Thursday, Feb. 11 at 9:30 p.m. on the Sunshine Network. He has been recognized as Senior of the Year.

Florida's leading regional sports network and home of the Dodge Florida High School Champions Series, has announced the 1998 Sunshine Network All-Gridiron Team.

In 1997, Sunshine Network expanded its coverage of Florida high school athletics with the creation of high school football, basketball and more.

Going beyond basic television coverage of the games, Sunshine Network added special features on the tradition of high school athletics in Florida and segments saluting academic achievements and educational programs.

The network also incorporated-

ed coverage of the preps onto its web pages, with regular news and features, by renowned high school editor Buddy Collings of the Orlando Sentinel.

This season, Sunshine Network aired live statewide coverage of nine key high school football contests as part of the "Dodge Florida High School Champions Series," including last Saturday's Nike Dade-Broward All-Star Game in Ft. Lauderdale.

Sunshine Network's schedule also included Super Bowls I and II, two attendance record setting games from the Orange Bowl featuring Miami Northwestern and Miami Jackson.

For the second consecutive year, Sunshine Network is capping off the football season with the announcement of the Sunshine Network All-Gridiron Team.

With the assistance of Sean Alvshire game analyst and

host of "Florida High School Gridiron Report," along with Sunshine Network Com's high school editor, Buddy Collings, and Peter Thomson of the Orlando Sentinel, Sunshine Network honors players who have excelled at their position this past season.

Next month, during a special year-end edition, of Florida High School Gridiron Report Mr. Alvshire will recognize these players on the air and congratulate them on their accomplishments.

The program premieres Thursday, Feb. 11 at 9:30 p.m. with encore airing scheduled throughout the month.

In addition, Mr. Alvshire will personally present the awards on behalf of Sunshine Network at each schools football banquet.

Highlights of those presentations will also air on the special year-end edition of the Florida High School Gridiron Report.



Pahokee fifth grade students will attend the the NFL Players Party in Miami. The students were chosen after receiving touchdowns in attendance and behavior.

## Pahokee students attend Kids Day

Seven lucky fifth grade students at Pahokee Elementary are on their way to Miami. On Saturday, Jan. 30, these students will be attending "Kids Day" at the 989 Sports NFL Players Party.

They are invited to "Learn from the Pros-Skills Drills", a special clinic where they will receive personal coaching and instruction from active and retired NFL players.

This experience was all made possible by several football card companies who collaborated in creating the "Stay Cool in School" program. They sponsor this program every year wherever the Super Bowl is being held.

Several schools in Dade, Broward and Palm Beach counties were selected to participate in the program. "Stay Cool in School" is an attendance and behavior incentive program lasting for 10 weeks.

Each week the students would earn 10 yards, 5 yards for perfect attendance and 5 yards for perfect behavior. Students who received 10 yards received a pack of football trading cards each week.

At Pahokee Elementary, 30 students made touchdowns. That means that they had perfect attendance and behavior for 10 weeks. In addition to winning prizes, they were able to enter

an essay contest. Seven students were selected as winners. (The Starting Lineup) from the students' essays which were about the importance of attendance and good behavior in school.

These winners are now on their way to Miami to meet the stars! We are very proud of them and all of our touchdown winners! They've all worked very hard. Have fun at "Kids Day" and take lots of pictures.

The seven kids are: Serafin Maldonado, Latencia Ford, Nathaniel McPherson, Jose Tejada, Cordarryl McKay, Jeremy Brown and Marcus Harwood.

## Amy Prescott and Scott Wilkins to marry

Mr. and Mrs. Paul Prescott of Belle Glade have announced the engagement of their daughter, Amy Nicole Prescott to Scott Christopher Wilkins of Tallahassee.

Mr. Wilkins is the son of Mr. and Mrs. Dave Chavostie of Scottsdale, Arizona, and Ms. Margie Wilkins and the late Robert Wilkins of Boca Raton.

Miss Prescott is a 1993 graduate of the Glades Day School. She received an Associate's Degree from Florida State University where she was a member of Phi Beta Phi Sorority and Lady Scalphunters. She graduated from the

University of Central Florida in Orlando in December, 1997 with a Bachelor's Degree in elementary education. She is a first grade teacher at Gove Elementary School in Belle Glade.

Mr. Wilkins is a 1988 graduate of J. P. Taravella High School in Coral Springs and a 1993 graduate of Florida State University with a Bachelor's Degree in social science. He is a member of Lambda Chi Alpha Fraternity and Scalphunters. He is a mortgage bank consultant and is studying for a Master's Degree in business administration at Florida State University. The wedding is planned for May 8, 1999.

## Girl Scout Cookies on sale

The Thin Mints are coming! After a year of not being able to get the most delicious of all cookies, it is once again Girl Scout Cookie time.

From Jan. 21 through Feb. 6, Girl Scouts from local troops will be selling Girl Scout Cookies door-to-door and at locations throughout the community.

For just \$3 per box, you can enjoy your fill of Thin Mints, Carmel deLites, Peanut Butter Patties, Peanut Butter Sandwich, shortbread and Five World Cinnamons with Sugar. If you prefer a reduced fat variety, ask for Lemon Pastry Cremes. And be sure to try the delicious new Upside-Down Frosted Oatmeal Cookies.

The cookie sale helps girls learn all kinds of important skill related to handling money, goal setting, teamwork, meeting the public and more.

## Glades view Boys and Girls Torch Club visit local organizations

Several students from the Boys and Girls Torch Club visited local organizations. Students made greeting cards and handed them out wishing all the employees a

safe and prosperous year. The students were able to visit Belle Glade City Hall, Senior Citizens Service Center and the Palm Beach County Health Center Western Office.

The Boys and Girls Club offers Torch programs in their clubs which are designed to assist girls and boys in becoming productive citizens. They offer students positive social skills and life skills to help them develop a solid foundation upon which they can build and grow.

Members conduct projects that provide service to clubs and the community. Also, they are exposed to behind the scene visits to businesses, museums and other locations.

Torch Clubs offer young people the opportunity to learn that they can do something meaningful for themselves, their club and their community.



Students at Glades Day School were treated to the NFL Experience this month thanks to the Coca Cola Company. A highlight of the event was students receiving an autograph from Miami Dolphins defensive back Shawn Wooten.

## Glade View Elementary Winners

On Saturday, Jan. 30, seven fifth grade students, Travonte Jueidy, LaShandra Highsmith, Shaquasha Upshur, Curtis Brown, Paris Brown, Angel Johnson and Richard Ford will attend a private clinic entitled "Learn from the Pros-Skills Drills" will be hosted by NFL Players for the Starting Line Up winners of Stay Cool in School.

The students will attend this special event where they receive personal coaching and instruction from several NFL players. Additional activities include motivational discussions, photographs and autographs with NFL players.

Commencing Oct. 5 and culminating Dec. 11 each week, students were challenged to improve their attendance and behavior. Students received a Playbook that contained the game rules, a football field progress chart and an inspirational message from an NFL player. The first day all 5th grade students received a book cover that served as a reminder for students to participate in the program. Trading cards were provided by each of the players Incorporated trading card licenses.

These packs were distributed each week to the student who earned a "first down."

At the end of the ten weeks each student who earned a touchdown became a "Touchdown Winner" had to write an essay during their regular writing period. The essay topic was "Why Attendance and Good Behavior in School is Important."

Mrs. Rainey said only seven students from each school in the county could attend the activity. She and Ms. Shurney will accompany these students to Miami.

## 20th Century Productions presents

The Cutest Kid in the USA Contest

A Model Contest for Infants, Kids and Teens.

Your Kid could be a winner.

All Contestants will be judged from Cutest Kid Photos made by one of the nation's top photographers. All Contest Photos will be published in the Caloosa Belle so that readers can see the Cutest Kids in seven age categories. Winners names will be announced in the Caloosa Belle. Local winners all receive a Cutest Kid Trophy, then compete for State and National Cutest Kid Titles. Cutest Kid Photos will be exhibited across the country.

To have your cute kid's picture published and compete for local titles and trophies, bring your cute kid to local contest headquarters.

Location: LaBelle Community Women's Club West Hickpochee ( Hwy. 80), LaBelle, Florida

Date: Tuesday, January 19, 1999

Hours: 12 Noon till 7:30 p.m.

We will take that cute kid's picture. You get to see a fantastic set of pictures AND we will give you a Free \$10.00. Enter as many kids as you like, but Free \$10.00 is limited to one per family. Parents must see proofs to qualify for the Free Picture.

Entry Fee-\$6.95 per kid

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Some payments higher, some lower. First month's payment, \$1,999 down payment  
plus tax, tag and \$250 refundable security deposit due at inception. Total of pay-  
ments: \$6,767. Option to purchase at lease end: \$11,737. 12,000 miles per year,  
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on 2-dr Explorer Sport with PEP Package 831A.



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Credit. Some payments higher, some lower. First month's payment, \$2,124 down  
payment plus tax, tag and \$250 refundable security deposit due at inception.  
Total of payments: \$5,601. Option to purchase at lease end: \$14,066. 12,000 miles  
per year, \$.15 per mile thereafter. Lessee responsible for excessive wear and tear.  
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Rev. Deborah D. King

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HARVEST A.M.E. CHURCH  
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Rev. Patricia S. Webb - Pastor

LAKESIDE BAPTIST CHURCH  
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Ted Hines - Pastor

NEW BEGINNERS HOLINESS CHURCH  
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PRIMER IGLESIA DEL NAZARENO  
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Bishop Wm. Lee Whitner - Pastor

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Rev. Arthur W. Johnson - Pastor

APOLISTIC CHURCH OF JESUS CHRIST  
210 Palm Beach Road  
Rev. Jon Field



Percy Napier of Glades Central High School was one of 10 Palm Beach County students who won the "Layton Chiles Unsung Hero Award."

## Student named Unsung Hero

Glades Central student Percy Napier was one of 10 Palm Beach County high school students who won the Layton Chiles Unsung Hero Awards. An award which recognizes volunteer work.

Leaders in Furthering Education (LIFE) presented \$100,000 in college scholarships to the ten students.

Lois Pope, president of LIFE, named the 1999 awards after the late Gov. Lawton Chiles because he embodied the values of LIFE, the charitable organization she founded in 1994.

According to Mrs. Pope the 10 students chosen for the 1999 awards are leaders of today and of tomorrow, sacrificing their free time to benefit others. Mrs. Pope presented each student with a \$10,000 college scholarship.

Glades Central High School student Percy Napier, 18, received his Unsung Hero award because he has logged several thousand hours of volunteer work at the Boys and Girls Club, where he initiated educational and recreational activities for youngsters.

Mr. Napier also tutors children through a tutorial program he created that increases math proficiency and boosts self-confidence. He provides one-on-one counseling and instruction for boys and girls with social or academic difficulties.

Since 1995, LIFE's Unsung Hero Award Program has given \$672,500 for college scholarships to Palm Beach County high school students in financial need who perform outstanding acts of volunteerism. LIFE clubs promotes volunteerism by giving young students the satisfaction of making their schools and inner-city neighborhoods more beautiful by planting native trees and plants and painting murals that beautify community buildings.

Mrs. Pope was also honored in 1998 by the Point of Light Foundation in Washington, D.C., which granted her the national designation of "point of light" in recognition of her community service and volunteer contributions.

## James Arthur Shropshire

James "Jim" A. Shropshire, 65, of Nevils, Ga. died Jan. 9 in the Bulloch Memorial Hospital in Statesboro, Ga. after a short illness.

Mr. Shropshire was a native of Oklahoma and had lived in the Nevils area for the last nine years.

He was also a former resident of South Bay in which he lived from 1975 until 1989 and worked at the former Econo Lodge.

Mr. Shropshire was retired from the United States Air Force having served more than 20 years. He was a member of Pembroke Christian Church.

He is survived by his wife Fay Shropshire, mother Florence Phillips of Yuma, Arizona, son "Art" Shropshire of Hendersonville, Tenn.

step daughter Quan Tyndale of Savannah, Ga. a brother Bobby Shropshire of Washington and Gay Ursery of Santa Clarita, Utah. He has 12 living grandchildren and one grandchild, Darrell Wayne Phillips, II, who preceded him in death.

The services were held Jan. 12 in the Caldwell Morrison Memorial Chapel at the Funeral Home in Pembroke, Ga. with Rev. Victor Whited officiating. Burial was held at the Northside City Cemetery in Pembroke, Ga.

## Marine Cpl. Daniel P. Scott heads for the Arabian Gulf

Marine Cpl. Daniel P. Scott, son of Jack E. Scott of Belle Glade recently arrived on station in the Arabian Gulf with the 13th Marine Expeditionary Unit, embarked aboard the ships of the USS Boxer Amphibious Ready Group. (ARG)

The 13th Marine Expeditionary Unit was quickly sent to the Arabian Gulf to support the USS Enterprise Battle Group and USS Belleau Wood ARG, which recently participated in Operation Desert Fox, during which U.S. forces attacked military targets in Iraq.

Prior to departing their home base of Camp Pendleton, Calif., in December, Scott participated in a Pacific Joint Task Force Exercise with more than 15,000 Sailors, Marines, Airmen and Coast Guardsmen in the Eastern Pacific Ocean to test the ARGs ability to respond to situations they may encounter during their six-month deployment.

Scott's unit is an expeditionary intervention force with the environment. MEUs are composed of more than 2,000 personnel and are divided into an infantry battalion, an aircraft squadron a support group and a command element. With the combination of these teams, Scott's unit, supplies and sustains itself for either quick mission accomplishment or clearing the way for follow-on forces.

He is a 1995 graduate of Glades Day School.

## Glades businesses come out for improvement seminars

The Enterprise Development Center, Inc. and the "fabulous" Glades campus of Palm Beach Community College (PBCC) invite Glades business owners and others who may be interested in starting their own businesses to "Free" Business Improvement Seminars.

The third seminar will be held on Jan. 21 and the discussion will be on "Money Resources: How to Obtain Financing for your Business."

The next seminar, held on Jan. 28 will address "Accounting & Record Keeping For Your Business and the final session on Feb. 4 will focus on "The Requirements for Starting A Home-Based Business."

These seminars will continue every Thursday through Feb. 4 from 5:30 until 8 p.m.

Sessions will be held at PBCC, Glades Campus, located at 1977 College Dr. in Belle Glade.

The Small Business Development Center, College of Business and Florida Atlantic University (FAU) will facilitate

the seminars. In October, business owners in Belle Glade, Pahokee and South Bay voiced support for these sessions in a "Needs Assessment Survey" conducted by the EDGE Center.

The businesses responded to the survey by identifying specific needs that will be addressed by Small Business Development Center's Instructors from FAU.

The objective of these seminars is to respond to the business owners' current and evolving business needs.

The EDGE Center, Inc. is a private, not-for-profit business incubation program dedicated to nurturing the growth and development of profitable small business enterprise in the Glades communities.

Anyone interested in an improved Glades business community is invited to attend these valuable sessions.

Don't miss out on this opportunity. Seating is limited! Please call the EDGE Center at (561) 993-3343 for more information and to reserve your seat.

## Anne Sue DeLoach Vulgamore

Mrs. Sue Vulgamore died suddenly at her home in Belle Glade on Jan. 12. There was no prior illness out, wardly apparent.

Born on Nov. 5, 1926, in Oglethorpe, Ga., she had been a resident of Belle Glade since 1962. As an active member of the First Baptist Church of Belle Glade, she made a "joyful noise" in the choir, taught Vacation Bible School for many years, participated in the Joy Bells Sunday School Class and Keen Kids. She gave much of her time providing love and support for the local Senior Adult community.

Preceded in death by her son, Jerry P. Vulgamore, in 1980, she is survived by her children: William C. Jones of Belle Glade, Cathy J. Williams of Tallahassee, Kendra J. Snow of Belle Glade and Melody A. Vulgamore of Naples, her grandchildren: David E. McCranje of Tallahassee, Julie Bramlett of Belle Glade, Krista V. Mills of Clewiston, J. Matthew Snow of Belle Glade, Amanda L. Snow of Belle Glade, Michael T. Petrockzy and Jerilyn D. Petrockzy of Tallahassee, grand grandson Bryson T. Mills of Clewiston and siblings: Ralph DeLoach, Joyce Goodbread, Margaret Jackson, Gladyse Christian, Ben DeLoach, Mary Jane Driver and Larry DeLoach, all of whom live in various cities throughout Georgia.

Rev. Timothy Bridges and Rev. Paul Thompson conducted services on Jan. 15 at the First Baptist Church in Belle Glade. Interment followed at Hillcrest Memorial Park in West Palm Beach.

Arrangements were handled by Glades Funeral Chapel in Belle Glade.

Look who's having a Birthday!  
Can you guess how old she is? 29



Best wishes Elizabeth Hernandez.  
From your Colleagues, Co-workers, and friends at the Palm Beach County Health Care District.

## Expressions of Gratitude

Thanks to everyone who extended their condolences to our family during this difficult time. The prayers, food, flowers, phone calls, and visits helped to ease our burden tremendously.

The outpouring of love and friendship will always be remembered. We have once again been reminded of how wonderful the people of Belle Glade truly are.

The family of Sue "Nannie" Vulgamore

# Local organizations receive drug screening kits from Congressman Mark Foley

By Debra Miller  
Staff Reporter

They came via a S-92 Multi-Mission Helicopter on a mission to deliver in-home drug screening kits to local organizations in hopes of empowering parents with the knowledge and tools to combat drug use in their families.

Arriving Wednesday, Jan. 13, at the Sheriff's Eagle Academy in Belle Glade were Congressman Mark Foley, Secretary of State, General Alexander Haig, Jr., John V. Poidamani, Human Resource Manager for Sikorsky Aircraft Corp., Tracy Johnson, account executive for Media Reach, Inc. and Dr. Doug Smith, founder of Drug Free America, Inc.

**Year old program**  
Drug Free America, Inc., established in 1997, by Dr. Smith, an Emergency Medicine Specialist at Good Samaritan Medical Center, distributes the drug screening kits, free of charge, to community prevention and awareness groups dedicated to helping families fight the war on drugs.

Over 4,000 kits were given to organizations, such as Belle Glade Patch, Glades Community Dev. Corp., Boys and Girls Club, MADD Dads, the Eagle Academy and several other organizations in Palm Beach County.

**Free Kits**  
Dr. Smith told the representatives to follow the guidelines in distributing the kits.

"First off, recognize what this is, perhaps, the single most powerful anti-drug tool that has come forward

into a community that gives parents the ability to give free, confidential in-home drug screening," said Dr. Smith. "We give these to you free of charge and we ask that you turn these over to the families free of charge."

"Those of you who represent your organizations today take these kits. That is why we are here today, to put them in your hands," Dr. Smith continued. "The situation with drugs in our community has gotten to the point where it is just ridiculous and I don't care what community you are in."

**Local people are recognized**

Dr. Smith recognized several local people in the community responsible for bringing the kits to the community including Capt. Gary Freschette, Henrietta Johnson and Corey Wilkerson for all of their help. Dr. Smith then introduced Congressman Foley who told the group it is the responsibility of everyone in the community to help to drug addiction.

"We can't end drug use in America alone, it takes every single one of us," said Mr. Foley. "Drug use is everywhere, not just here in the Glades but across our county, state and country. These kits can make a difference."

Dr. Smith began opening the boxes and distributing the drug screening kits.

**Helpers**

The kits are packaged by the Palm Beach Rehabilitation Center and the St. Joseph's School soccer team.

Established in 1958, PBRC provides employment training, residential services and senior activities program for adults with developmental, physical and emotional disabilities.

Each of the kits are self-contained units comprised of three key components.

**Purpose of Kits**

First, the kit contains literature stressing the role of the parent in keeping a child drug free. They encourage parents to not only talk to their children about the dangers of drugs, but also stress the importance of parents leading a drug-free lifestyle.

Second, each kit is a resource guiding parents in finding help, in their own communities if they find their child is doing drugs.

Third, the kit itself. The hope is that such measures will not be necessary, but, like the smoke alarm in your home, it's there as a precaution.

The urine sample is placed in a special container and sent through the Postal Service in an approved tamper proof vial. The postage is free. No names, addresses or other identifying information is obtained. Results are available five business days later on a dedicated toll-free phone line.

Under the program results are only available by giving the identification number that is unique to each kit.

**Respected lab**

The sample is tested by Gas Chromatography Mass Spectrometry, one of the largest and most respected labs in the world. All positive results are tested



Dr. Doug Smith, founder of Drug Free America, Inc. gave local child advocate leaders the free drug screening kits to give to parents interested in finding out if their children are doing drugs.

twice.

Drug Free America, Inc. statistics show that children rank drugs as the number one problem they are confronted with today.

Drug abuse has doubled in 9 to 12 year-olds in the past 12 months and the number one risk factor for unsafe sex is drug use, often resulting in teenage pregnancy, STDs and AIDS.

According to the program, children are 50 percent more likely to have used drugs if their parents did

not talk to them about the dangers of drugs.

**Questions**

One of the biggest questions concerning the kits is: *Doesn't a drug screen send the message that a parent doesn't trust their child?*

Drug Free America representatives say:

In many instances it isn't a question of trust, it is a question of accountability. We don't take it upon ourselves to advise to parents that they should do a drug screen, that is a decision

that only the parent can make.

But if a parent does wish to utilize a drug screen we remove all barriers between them and this technology.

They also say that if a child refuses to submit a urine sample. The drug question may have already done its job.

If you suspect your child has a problem with drugs or you would like to obtain a drug screening kit contact any local children's advocate agency.

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## Valentine's Day Special

Show your loved one how much they mean to you with an ad on **The Sun's** special Valentine's Day page, to run on **Thursday, February 11.**

**Ads are available with or without a photo.**

**Ads without a photo will be sold for \$20.**

**Ads with a photo will run for \$40.**

**Please call Yvonne at 561-996-4404 to reserve your spot on the page.**

**Ad deadline is 5 p.m. on Friday, February 5.**

## ATTENTION READERS!

Recently, The Sun has been having problems with theft at our boxes. Unfortunately, until an effective means of prevention can be determined and implemented, we are forced to stop putting papers in the boxes. We are sincerely sorry for any inconvenience this may cause our readers and hope that you will either purchase a subscription (which will save you money) or stop by our office or one of the following locations to purchase your paper:

**Belle Glade**

All K-Country locations

All Town Star locations

Norman's Drive-Thru

One Stop

Palm Beach Community College

Main Street Fina

West Tech

**South Bay**

K-Country

**Canal Point**

Town Star

Stop & Shop

**Pahokee**

Town Star

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Again, the staff at The Sun apologizes for the inconvenience.



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### NEW '99 MAZDA 626 LX

AUTO, A/C, POWER EQUIPMENT, AM/FM STEREO CD



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# Glades Central Raiders State 4A Football Champs enjoy "Raider Rally"



Raider football players and fans watch as former Glades Central Raider Reidel Anthony, who now plays for the Tampa Bay Bucs congratulates the team on tape since he was unable to attend Saturday's Raider Rally.



Willie Pyfrom's Maroon Marching Band entertains the crowd while some of the players listen from their seats on the field.



Eugenia Jones, West Area Superintendent, thanks the players, staff and fans for their support and victory.



Ashley Davis proudly wears her championship tee shirt and displays the final score of the game - 33-28 Glades Central VS Madison City.



Faryl Morris is modeling all items being sold to help the football team raise monies. See Jay Seider or Shirley Morris for more information.



Jacob Pirry may have a future as a Glades Central Raider football player.



Dianne Walker, assistant to House 84 Representative Addie Green, presented a proclamation to the Glades Central team on behalf of Ms. Green.



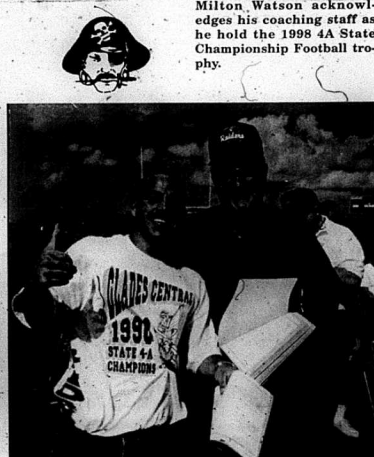
Glades Central Head Coach Milton Watson acknowledges his coaching staff as he holds the 1998 4A State Championship Football trophy.



Desmond Harriott, Youth For Christ, accepts a Raider clock from Glades Central Principal Dr. Effie Gear.



Mr. Bob (Sonny) Walker with "Save A Youth" program presents Dr. Effie Gear and the coaching staff an award for all their hard work with our kids.



Hector Rodriguez gives a thumbs up after being presented a proclamation from Belle Glade Mayor D. Bill Mathis.



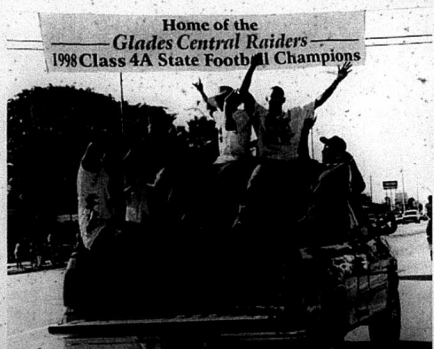
Loyal Raider fans (including Laura Odom and friends) line up to eat at the Raider Rally. The food was donated by The Gents, U.S. Sugar and A Dida & Sons.



Tired after a full day...Pat, Alma Morman and Anisha Henry take a break to pose for the camera after a full day participating in the Raider Rally!



# Glades Central Raiders State 4A Football Champs enjoy "Raider Rally"



The Glades Central football players show off the sign on South Main Street proclaiming them the 4A 1998 State Football Champions.



A great volunteer, Mrs. Haulstear is shown helping The Gents cook the chicken for the community barbecue.



Al Royal (left) and Larry Jones, members of The Gents Club, took time to cook for the community. Thanks to the Gents, U.S. Sugar and A. Duda and Sons for the meat and food for the Raider Rally.

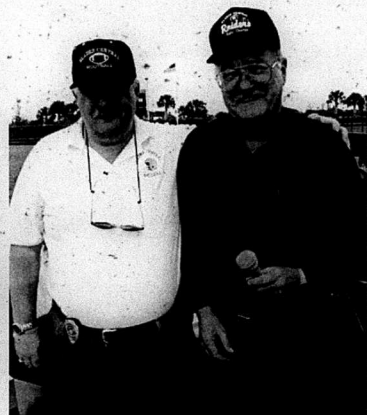
The photos on this page and page 1B were courtesy of "Big A" Vereen. Anyone wishing copies may contact Big A at 996-2349 or 992-4000.



From left are Tom Brown, commentator for Glades Central's games on WBGF; Cartheda Mann, coordinator for the motorcade and championship rally; and Jessie Hester, former Glades Central Raider and retired Ram player.



Girls from Belle Glade's After-School Program pose for their picture.



From left are Chief of Police Michael Miller and Belle Glade Mayor D. Bill Mathis. The mayor presented a proclamation to the Glades Central Raiders congratulating them for their 4A State Championship win.



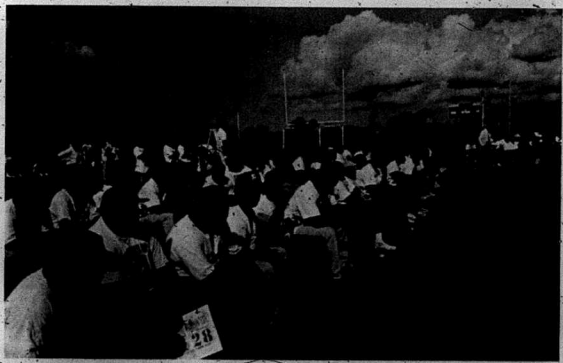
The Raider coaching staff and the assistant coaches are shown above with Athletic Director Jay Seider (seated far left) Head Coach Milton Watson (seated second from left) and Rev. Desmond Harriott (back row, first on left).



South Bay Commissioners Clarissa Davis (left) and Miranda Smith (right) present a plaque to Glades Central Head Coach Milton Watson during ceremonies held on the school's football field.



Shirley Morris and Maude Vereen do a brisk business selling commemorative Glades Central caps and t-shirts to loyal Raider fans.



Glades Central's coaches, assistant coaches and football players sit back and wait for the ceremonies to begin at the "Raider Rally" held last Saturday.

# FULFILLING The Dream



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present

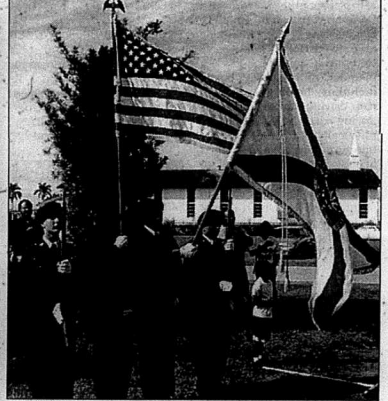
"A Dr. Martin Luther King, Jr. Memorial Celebration



"I have a dream that one day this nation will rise up and live out the true meaning of its creed 'we hold these truths to be self-evident, that all men are created equal'."



"I have a dream that all little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."



"Free at last! Thank God almighty, we are free at last!"



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**PUBLISHERS' NOTICE:** All rental & real estate advertising in The Sun is subject to the Federal Fair Housing law which makes it illegal to advertise "any preference, limitation or discrimination based

on race, color, religion, sex, handicap, familial status or national origin or any intention to make such preference, limitation or discrimination." In addition, the Palm Beach County Fair Housing Ordinance prohibits discrimination based on age, marital status or sexual orientation. The Sun will not knowingly accept any advertising which is in violation of the law. All persons are hereby informed that all dwellings are available on an equal opportunity basis.

**BY OWNER: 3/2 ON WATER.** Treasure Island, Okeechobee. Fireplace, two car garage. 941-763-2055. 1/21

**LARGE 3/2 IN QUIET** Pahokee neighborhood. Central A/C, carport and garage, family room, den, rec. room. Must see. Make an offer, 924-2898. 1/28

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Western Palm Beach County's  
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### Employment

**AIM HIGH UP TO \$9000** enlistment bonus, if you qualify! Air Force training and education can help you reach your goals. For an information package, call 800-423-USA or visit www.airforce.com. FCAN. 1/21

**AVON PRODUCTS:** Start your own business. Work flexible hrs. Enjoy unlimited earnings. Call toll-free, 888-942-4053. (fee) FCAN. 1/21

**BURGER KING Assistant Restaurant Manager**

Immediate opening for highly motivated, responsible individual at Burger King in lake area. If you are friendly, hardworking, neat, ambitious and committed to providing excellent customer service, you are wanted. We will train. Fast food experience helpful. We offer competitive benefits. Salary starting at \$18,000 yearly. Send resume to: Southern Management Corp., 324 SW 10th St., Belle Glade, FL 33430. ATTN: Rod Ehlinger

**CHILDREN'S CASE MANAGER:** Bachelor's degree in one of the Social Sciences. Excellent writing skills. Ability to establish a rapport with children and their families. Salary: \$22,000. West County Mental Health Clinic, 1024 NW Avenue D, Belle Glade, FL 33430, fax 561-992-1335. 1/21

**DRIVER: COVENANT TRANSPORT** Coast to Coast runs. Teams start 35c-37c \$1,000 Sign-on bonus for Exp. Co. Drivers. For Exp. Drivers and Owner Operators (800)441-4394. For Graduate Students (800)338-6428. FCAN. 1/21

**DRIVER-SWIFT TRANSPORTATION** now hiring drivers for our new Ocala, FL terminal. Excellent pay, complete benefits, assigned equipment, consistent miles,

job stability. 800-633-4346. (eoe-m/f) FCAN. 1/21

**DRIVERS/OWNER OPS.** feel like you're in neutral? No Canada, NYC & NE. min. 23 yrs. w/1 yr. OTR. CDL w/HazMat. Paschall Truck Lines. 800-848-0405. FCAN. 1/21

**EXECUTIVE DIRECTOR:** NOAH Development Corp., a State of Florida, not-for-profit housing development and human service agency, is seeking to fill the position of Executive Director. This individual will be responsible for the day to day management and oversight of the corporation; including a staff of 80 individuals. Housing Management and the Family Development Centers. The successful applicant should possess extensive knowledge of HUD and USDA Rural Development requirements/guidelines as well as public housing management and previous experience working with Boards of Directors. Some personnel and financial management background is required. Minimum Requirements: Master's degree or graduation from an accredited college or university with a degree in Business, Public Administration or Social Services Administration coupled with at least seven (7) years experience with major emphasis on

Housing Development/Management and supervision of subordinate staff. **Salary based on qualification and experience.** Interested individuals should submit resume and/or application to: NOAH Development Corp., 601 Covenant Drive, Belle Glade, FL 33430, Attention: John B. Brown, Executive Director. Applications accepted through Friday, January 29, 1999. NOAH Development Corp. is an equal opportunity, drug-free workplace employer. 1/21

**GET PAID \$15-\$30** per hour processing insurance claims for local doctors office. Complete training provided. Computer required. Call (800)259-6661 ext. 204. FCAN. 1/21

**GLADES GENERAL HOSPITAL**  
The Heart of Health Care in the Glades  
1201 S. Main Street  
Belle Glade, FL 33430  
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Collector - 1st Shift  
PAINURE PRACTITIONER - 1st Shift  
JOB # DRUG-FREE WORKPLACE  
JOB LINE: 561-996-6571

**INSURANCE CAREER -** Gen. comm. w/unlimited potent. & mgmt. opp. Ret. 401K group ins. No exp. nec. we will train. Est. Co., 1919, EOE.

M-F Call 561-478-5660, ask for Mike or Grace. tfn

**PARTS PERSON:** Belle Glade packing house is looking for a full-time parts person, must have computer knowledge and parts experience desirable. To apply, come by the Belle Glade personnel office, Monday through Friday, 7AM to 5PM. Located at 6000 Duda Road, Belle Glade, FL 33430, phone # 561-996-7821. Equal Opportunity Employer. 1/21

**POSTAL & CIVIL SERVICE** jobs. \$16.24 per hour plus full benefits. For detailed information and exam sites, call 800-540-8825 today. FCAN. 1/21

**RECEPTIONIST II** (Adult Migrant Prog., Belle Glade), \$8.22/hr. HS/eq. & 1 yr. exp. as a receptionist or in customer svr. work that incl. direct pub. contact. Appl./resumes must incl. SS#, pos. title, any Vet. Pref. Doc. & be rec'd by 5PM, 1/29/99. Palm Beach Co. Personnel, 50 S. Military FL #210, WOB. FL 33415 (Fax 561-233-4604) EOE/AA M/F/D/V (DFWP) 1/21

**RECREATION COORDINATOR:** New Hope Charities, Inc., in Pahokee, is currently seeking a Recreation Coordinator/Counselor. CDD license is required. Good schedule and benefits. Send or bring resume to: New Hope





Phone:  
561-996-4404

# Classifieds

FAX:  
561-996-2209

Charities, Inc., Family Center, 7450 Statf Road 15, US 441, Pahokee, FL 33476, Attn: Mr. Guillermo Rivera. 1/21

**RODMAN/CHAINMAN:** U.S. Sugar Corp. has an immediate opening for a Rodman/Chainman in their Engineering Dept. Must be able to perform work as a member of a survey party, including holding tape and, rod, driving stakes and measuring distances. Must be physically fit (cannot wear eye blind), possess a valid driver's license, with the ability to speak and understand English. Requires ability to swim. Must have high school diploma or equivalent and possess good math skills. Previous survey experience is preferred but not necessary; proper training, as necessary, will be provided by company. If qualified, please apply at our employment office located on W.C. Owen Avenue in Clewiston, U.S. Sugar Corp., Human Resources Dept., P.O. Box 1207, Clewiston, FL 33440 FAX: 941-902-2889, EOE/AAP. 1/21

**Misc. for Sale**  
**BUILDING SALE...**No salesman. Go direct & save. Final clearance. 20x26, \$2600; 25x30, \$3145; 30x40, \$4750; 35x50, \$6100; 40x60, \$7800; 48x90, \$12,000. Others. Pioneer. 800-668-5422. FCAN. 1/21

**FACTORY CLOSEOUT!** Must make room for incoming inventory. Arch Steel Buildings, 16x20, 25x26, 30x40. Financing available. Great for backyard shops and garages. Call immediately. 800-341-7007. 1/28

**SECURITY OFFICERS** needed: Gatehouse positions available. 87 "D" positions and 58 "G" positions. Excellent benefits. Immediate opening for FT weekend work. Call now. 800-357-0772. tfn

**SINGERS! GOSPEL OR CLEAN COUNTRY.** Call toll-free, any time, 800-469-8164 or 800-995-6136, for appointment to come to Nashville and audition for major record producers. FCAN. 1/21

**TEACHER & SUBSTITUTE ASSISTANT TEACHER** position: Person to work with children ages 8 weeks to 3 years in a Migrant Head Start setting. Preferred requirements: bilingual, GED or high school diploma, Infant/Toddler CDA if position is in the Infant/Toddler room, and can read and write well and a willingness to learn. Job opening at Early Head Start and O'Brien Center, 1140 NE 18th Street, Belle Glade, Closing date, 1/25/99. An Equal Opportunity Employer. 1/21

**THERAPEUTIC COUNSELOR,** Master's degree preferred. Ability to plan and execute activities, design individual

ualized treatment plans and do the required documentation. Salary commensurate with training and experience. West County Mental Health Clinic, 1024 NW Avenue D, Belle Glade, FL 33430, fax 561-992-1335. 1/21

**TRUCK DRIVER TRAINEES** needed! Covenant Transport has immediate openings for entry level drivers. Earn 37K-42K. No experience needed! Training available through T.D.I. 800-435-5593. FCAN. 1/21

## Misc. for Sale

**BUILDING SALE...**No salesman. Go direct & save. Final clearance. 20x26, \$2600; 25x30, \$3145; 30x40, \$4750; 35x50, \$6100; 40x60, \$7800; 48x90, \$12,000. Others. Pioneer. 800-668-5422. FCAN. 1/21

**FACTORY CLOSEOUT!** Must make room for incoming inventory. Arch Steel Buildings, 16x20, 25x26, 30x40. Financing available. Great for backyard shops and garages. Call immediately. 800-341-7007. 1/28

**FACTORY DIRECT POOL HEATERS.** Heat pump, solar or gas. Major brands. New/used. Do-it-yourself or installed. Free phone quotes. 800-333-WARM (9276) www.solarirect.com Lic. #CWC029795. FCAN. 1/21

**POOL HEATERS/PUMPS,** 10 yr. warranty, World's most efficient. \$1795 up. Central systems/mobile homes/commercial. 8895+, Eco Energy, J. Archie Gay, #CMC05698. Delivery/install anywhere/any time. 800-474-7120. FCAN. 1/21

**SPINET CONSOLE PIANO.** Responsible party to take over payments. Can be seen locally. 904-736-8813. 1/21

## Notices

**ESTATE AUCTION, Sat., Jan. 30, 10AM.** Six farms, 1432.3+/acres. Worth Co., GA. Cropland, hunting, timberland, cultivatable, mini-farms & homesites. 10% Buyer's Premium. 800-323-8388. ROWELL REALTY & Auction Co., Inc., Thomas W. Rowell, Call Auctioneer, GA #701. FCAN. 1/21

**FOR 70 YEARS, DUMAS** has built solid wood pupes. Let us build your church new pupes, pulpit furniture, steeples & baptisries. Recover/refinish old pupes. Financing available. 800-962-2698. FCAN. 1/21

**FREE SEMINAR!** Learn how to become financially free using the internet & receive chance to win '99 Jeep Cherokee. Door prizes. 800-600-0343, ext. 1262. FCAN. 1/21

**NEED CASH?** I buy old coins, guns, & pocket watches. Call 561-996-9400. tfn

## Lois for Rent

**FOR RENT: TRAILER LOTS** - \$130.00 per month. 996-2680. tfn

## Apartments

**CONDON APARTMENTS** for rent. Pahokee, 2BR, AC w/heat, carpet, stove, refrigerator, dishwasher, washing machine and dryer. Call 924-5561. 1/28

**PAHOKEE MOVE-IN SPECIAL!** Only \$238 moves you into a 1BR! \$350 moves you into a 2BR! Parker Apartments, 924-5493 or 924-5002. tfn

## Rooms for Rent

**WALDESSA MOTEL:** Daily/wednesday rates. 890 South Main St. 996-3827. 8/12/99

## Situation Wanted

**ROOMMATE WANTED** to share 3BR house on Bacon Pk. Road, Pahokee. \$250 per month. 924-5577, days or 924-8292, evenings. 1/21

## Yard Sales

**SAT., 841 SE 3RD ST., Belle Glade.** Household items & clothes. 1/21

Call 561-996-4404 for subscription information!

## Real Estate

**SOUTHERN COLORADO RANCH** sale. 89 acres, \$54,900 BORDERS BLM! Enjoy panoramic view & sensational sunsets over the Rockies from this gently rolling acreage. Ideal for horses. Excellent financing. Call now. 719-676-6367. FCAN. 1/21

**TENNESSEE LAKE VIEW** bargain. Three acres w/boat dock, \$19,900. Beautifully wooded, spectacular views, located at crystal clear mtn. lake, next to 18-hole golf course! Paved roads, utilities, soils tested. Low, low financing. Call now. 800-704-3154, ext. 1741. FCAN. 1/21

## Tanning

**WOLFF TANNING BEDS.** Tan at home. Buy DIRECT & SAVE! Commercial/Home Units from \$199.00 Low Monthly payments. Free Color Catalog. Call Today (800)842-1310. FCAN. 1/21

## Legal Services

**ACCIDENT VICTIM?** Injured? All injury/death cases, including Workmen's Comp. All personal injury claims. 24 hrs. Call now! AAA Attorney Referral Service. 800-733-6337. FCAN. 1/21

**DIVORCE, \$195\*** 30 days, no hearing/court. Missing spouse, property, children. Bankruptcy \$225\*. Stop creditor calls. Same day reports. \$30. Local. AAA Family Centers. 800-688-3188. FCAN. 1/21

## Financial Services

**"4700 VISA/MASTER CARD!"** No deposit, bad credit OK. Fast 10-14 business day approval, we'll take your information over the phone. Call today. 800-247-7012. 1/21

## LEGAL NOTICES

Monday, August 9, 1999  
Monday, October 11, 1999  
Monday, December 13, 1999  
Published: The Sun, January 21, 1999  
Legal No. 99-12

## NOTICE OF PUBLIC AUCTION

The following vehicles will be sold at public auction on February 2, 1999 at 8:00 a.m. at 501 SW 10th Street, Belle Glade, FL.

1988 Ford F150P3H12A26754  
1981 Buick WildcatP3H12A1012  
1978 Toyota RAV4P3H12A1056  
1982 Oldsmobile 347P3H12A1056  
1988 Ford F150P3H12A1056  
1985 Oldsmobile 347P3H12A1056  
1988 Chevrolet 347P3H12A1056  
1978 Toyota RAV4P3H12A1056  
1985 Chevrolet 347P3H12A1056  
1977 Ford F150P3H12A1056  
1979 Nissan 347P3H12A1056  
1977 Chevrolet 347P3H12A1056  
1977 Chevrolet 347P3H12A1056

Published: The Sun, January 21, 1999  
Legal No. 99-13

## NOTICE OF GRANT APPLICATION

All interested parties are hereby advised that The Glades Area Association for the Blind, Inc. is applying to the Florida Department of Transportation for a grant under Section 3019 of the Federal Road and Bridge Act of 1991, to be used for the purchase of three vehicles, being two courtesy buses, one wheelchair accessible, and one van as replacement vehicles for our existing fleet, to be used for the provision of public transit service within the Western Palm Beach County.

A Public Hearing has been scheduled at the Audubon ARC, 4820 NW 18th Street, Belle Glade, Florida on January 27, 1999 at 6:00 a.m. for the purpose of advising all interested parties of service being contemplated if grant funds are awarded, and to ensure that interested parties would not represent a duplication of current or proposed services provided by existing transit or paratransit operations in the area.

This hearing will be conducted if and only if a written request for the hearing is received by January 27, 1999.

Request for a hearing must be addressed to: Glades Area ARC, 4820 NW 18th Street, Belle Glade, Florida 33430, and a copy sent to Ms. Mary Webb, Transit Unit, Florida Department of Transportation, 3400 W. Commercial Blvd., Ft. Lauderdale, Florida 33309.

Published: The Sun, January 21, 1999  
Legal No. 99-14

**\$\$\$ FOR A VARIETY** of long-term income streams. J.G. Wentworth. 888-231-5375. FCAN. 1/21

**AUTO LOANS:** New/used. Bad credit ok. 1 hour approval. No application fee!! 800-967-5313, ext. 501. World Funding Group, Inc. Lic. #091942. FCAN. 1/21

**CASH LOANS, HOMEOWNERS** only. Bad credit/good credit. Cash for any reason. 800-USA-MONY. FCAN. 1/21

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**\$\$\$WE BUY\$** "Seller financed notes." "Insurance settlements." "Land note portfolios. Colonial financial, 800-969-1200, ext. 50. FCAN. 1/21

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- Nice 3 bedroom, 1 bath CBS. Central air, carpet, and family room - \$75,000.00
- 3 bedroom, 2 bath CBS, with large bedrooms. Central air, carpet, and large lot - \$90,000.00
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- Former packing shed with 2 large cold boxes. 4.66 acres total, and zoned, heavy industrial. Some terms - \$550,000.00
- Foreclosure - 3 bedroom, 1 bath CBS - \$50,000.00